

APPLESAUCE

Serves 4

Ingredients

Butter or margarine	1/2 stick
Apples, red delicious, cored and diced	4 each
Cinnamon	1 teaspoon
Vanilla	1 tablespoon
Sugar, granulated	1/2 - 3/4 cup
Raisins, optional	1/2 cup

Method:

- ~ Melt butter in bottom of saucepan, add apples, cinnamon, vanilla, sugar
- ~ Stir ingredients, cover and cook on LOW for about 20 minutes
- ~ Stir apples, if they have started getting mushy add raisins, cover and continue to cook
- ~ Check apples about every 10 minutes, when they start to fall apart mash like potatoes, taste and adjust seasoning. Serve warm or cold

WILD RICE AND CHUTNEY SALAD

Ingredients

Wild rice, uncooked	1/2 cup
White rice, uncooked	1/2 cup
Apple, small dice	1 each
Raisins	1/2 cup
Walnuts, chopped	1/2 cup
Chutney, Major Grey's	1 - 9 ounce jar

Method:

- ~ Cooked both rices according to package directions, When cooked rinse under cold water in a fine mesh strainer to stop the cooking.
- ~ Mix all ingredients together in a large bowl.
- ~ Refrigerate until ready to serve.



Recipes by
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